## **CLAIMS**

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1. A probe holder comprising:

a probe engagement member comprising:

an opening arranged to accept a probe head therein; and sidewalls extending upwardly from the opening, said sidewalls for supporting the probe head; and

supports extending outwardly from the probe engagement member.

- 2. The probe holder according to claim 1 wherein the probe engagement member is connected to the supports such that the probe engagement member is above a plane of the supports.
- 3. The probe holder according to claim 1 including a lip extending around the opening for supporting the probe head thereon.
- 4. The probe holder according to claim 1 wherein the supports are composed of a non-irritating material.
- 5. The probe holder according to claim 1 wherein the supports are composed of a non-allergenic material.
- 6. The probe holder according to claim 1 wherein the sidewalls are tapered towards the opening.
- 7. The probe holder according to claim 1 wherein the sidewalls20 include friction grips for securing the probe head.
  - 8. The probe holder according to claim 1 wherein the supports are arranged to be cut or broken.
    - 9. The probe holder according to claim 1 wherein the supports are

substantially air permeable.

- 10. The probe holder according to claim 1 wherein the probe holder is composed of a substantially opaque material.
- 11. A method of using a fibre optic probe on a patient in need of such, comprising:

providing a patient having damaged tissue surrounded by substantially healthy tissue;

providing a probe holder comprising:

a probe engagement member comprising:

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an opening arranged to accept a probe head therein; and sidewalls extending upwardly from the opening, said sidewalls for supporting the probe head; and

supports extending outwardly from the probe engagement member,

mounting the probe holder onto the patient such that the probe engagement member is opposite the damaged tissue and the supports rest substantially on the substantially healthy tissue; and

fitting a fibre optic probe into the probe holder.

- 12. The method according to claim 11 wherein the fibre optic probe20 emits through the opening onto the tissue portion.
  - 13. The method according to claim 11 wherein the probe engagement member is connected to the supports such that the probe head is above a plane of the supports.

- 14. The method according to claim 11 wherein the probe holder includes a lip surrounding the opening for supporting the probe head thereon.
- 15. The method according to claim 11 wherein the supports are composed of a non-irritating material.
- 16. The method according to claim 11 wherein the supports are composed of a non-allergenic material.

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- 17. The method according to claim 11 wherein the sidewalls are tapered towards the opening.
- 18. The method according to claim 11 wherein the sidewalls include10 friction grips for securing the probe head.
  - 19. The method according to claim 11 wherein the supports are arranged to be cut or broken.
  - 20. The method according to claim 11 wherein the supports are substantially air permeable.
- The method according to claim 11 wherein the probe holder is composed of a substantially opaque material.